

# Crisis Cafés

## What are Crisis Cafés?

Crisis Cafés offer those over 18 years old a **safe space** where they can **drop in** within opening hours relax and unwind

Individuals can grab a **coffee or cake**, and talk to trained recovery workers, peer support workers and other attendees about their day, their experiences, how they're currently feeling, even about the weather!



Crisis cafés are available for anyone – whether you simply need to **offload about your day**, need to **socialise** or you feel that you are in **crisis and at breaking point**, Crisis Cafés will **always** offer a warm welcome

# What can I Expect from a Crisis Café?

Opportunities to partake in a confidential 1-1 session with staff, where you can learn about different coping strategies and crisis survival skills to help manage your mental health

Opportunities to talk to other attendees who may be in a similar situation to yourself

A safe social space where you can relax and take a break



Signposting to different services that may further support you or your family

Opportunities to access mental health resources such as magazines and leaflets

Various activities such as mindful crafting, drawing and painting, card games and board games